I claim:

8. A dental impression tray, comprising an inner wall and an outer wall held by a connecting member, the walls and base being suitably sized and configured to be placed over an entire jaw, while retaining material from which an impression of teeth and gums in the jaw can be made; and

said inner wall comprising at least one break;

said connecting member comprising at least one break;

said break in inner wall is contiguous with said break in base;

whereby size of tray is established by flexion of that portion of said outer wall closest to said break in said connecting member.